



Division on Aging Holiday Meals

Our Holiday menus will be served on Thursday, November 18, for Thanksgiving and on Thursday, December 16, for Christmas. See the menus on Pages 10 through 15 for all the details. Make your reservation now to celebrate the Holidays at a Senior Dining Center. Telephone numbers are listed on Pages 4 through 7.



Going Away - Send Notification

Some of you may be packing your bags to depart for warmer climates during the Winter months. Please return the form on Page 23 so we can hold your newsletter while you are away. Returned issues cost extra postage and time; please notify us if you will be leaving for awhile.



Snow Alert

Please see Page 9 for the procedures we follow to cancel meals at Dining Centers or for Home Delivered Meals routes when there is inclement weather or other emergency, such as a power outage. We are presently enjoying a pleasant Autumn, but this is Michigan, and we know how quickly it can change!



Note to Readers:

This is a combined November/December issue of our newsletter. There will be no mailing in December. The November menu for Home Delivered Meals customers and most Dining Centers is printed in blue. The December menu is immediately behind the blue page, which you can see easily by tearing out the blue page. We hope this will help readers distinguish between the two months' menus. Look for our next issue coming to your mailbox in early January.

Bay County Division on Aging Office, Dining Centers & Home Delivered Meal Routes will be closed Friday, Nov. 5, 2010, for Employee In-Service Training.

The Bay County Division on Aging Office and Dining Centers will be closed on Thursday, November 11, 2010, for Veteran's Day, and on Thursday and Friday, November 25 and 26, 2010, for Thanksgiving Day.

Also, the Bay County Division on Aging Office and Dining Centers will be closed on Thurs., Dec. 23; Fri., Dec. 24; Thurs., Dec. 30; and Fri., Dec. 31, 2010, for Christmas & New Year's Day Holidays.

DINING CENTER

❖**Hampton P.M.** - Tuesday, November 2, is Deviled Egg Day; just a little treat for the day. Wednesday, November 3, is Sandwich Day.



What kind? You gotta come to the Center to find out! Monday, November 8, is Dunces Day. Who is/are the dunces at our Center? Cast your vote! We will have Veterans' Day Recognition on Friday, November 12, with a special tribute to all of our veterans; bring in all your military items, share stories, etc. On Monday, November 15, we will have a drawing for a turkey and all the fixings. Wednesday, November 17, is Tie One On Day; wear your prettiest, silliest, favorite, etc., apron. Enjoy an unusual Thanksgiving bingo on Thursday, November 18, at 5:45 p.m. Monday, November 22, is Parfait Day with treats for everyone. Friday, December 3, is Wear Your Brown Shoes Day. Monday, December 6, is Brownie Day. On Thursday, December 9, try your luck at winning a drawing for a Christmas basket of food for your Holiday meal. Friday, December 10, is Chocolate Covered Anything Day; anything that can be covered with chocolate will be available to munch! Cookies will be for sale on Thursday, December 16. Our Christmas Party will be Wednesday, December 22. Our New Year's Eve Party will be Wednesday, December 29. Call Sandi at least 24 hours in advance at 895-5968 for meal reservations. Suggested donation is \$2.50.



HIGHLIGHTS

❖**Kawkawlin Senior Dining Center** - Just a note: There will be no bingo from November through March. We will resume bingo in April. It is snow time, and we like to hibernate, too!! Wednesday, November 10, is Popcorn Day. On Thursday, November 18, we will have

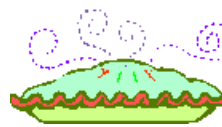


Thanksgiving dinner and a turkey drawing giveaway with all the stuffings. Wednesday, December 8, is Snowman Day with special snowman treats. Thursday, December 16, is our

Christmas Party with special treats all day long. Call Velda at least 24 hours in advance at 686-5127 for lunch reservations. Suggested donation is \$2.50.

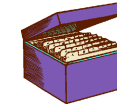


❖**Rainbow Center at the Canteen** - Wednesday, November 3, at noon, is Apple Pie Day. Wed., November 10, at 10:00 a.m., is Movie and Popcorn Day. Wednesday, November 17, is Christmas Craft Day. Thursday, December 9, is Egg Nog and Cookies Day. Tuesday, December 14, is Pumpkin Treat Day. Our Christmas Party will be Thursday, December 16; join us for some nice Christmas treats! Call Anjelica at least 24 hours in advance at 892-6605 for lunch reservations. Suggested donation is \$2.50.



Recipe Corner

Sauteed Butternut Squash



- 3 Tbsp. vegetable oil
- 1 butternut squash, washed, peeled, seeded, and cut into 1-inch chunks
- 2 cloves garlic, minced
- 1 Tbsp. chopped fresh sage
- 1 Tbsp. chopped fresh parsley

Heat oil in a skillet over medium heat. Add squash and garlic and toss to coat with oil. Saute slowly over low heat (avoid browning garlic), stirring frequently for about 30 minutes until the squash is golden and tender. (Add water if the squash begins to stick.) Add salt and pepper to taste, then sprinkle sage and parsley over the squash. Mix well and serve.

—MSU Extension Office Project FRESH

Wonderful Times Temporarily Away Notice

The Wonderful Times cannot be forwarded. If you plan to be away or are moving, please call the Division on Aging office, 895-4100 or 1-877-229-9960, to have your name taken off (or added to) our mailing list. Or, use this "Temporarily Away" form.

Stop Date: _____

Number on your address label: _____

Name: _____

Address: _____

City, Zip: _____

Bay County Division on Aging
515 Center Avenue, Suite 202
Bay City, MI 48708-5123

USPS 184
WONDERFUL TIMES
is published at Division on Aging
515 Center Avenue, Suite 202
Bay City, MI 48708-5123
(889) 895-4100 - TDD 895-4049
Toll-Free 1-877-229-9960

divonaging@baycounty.net
www.baycounty-mi.gov/Aging

County of Bay
Tom Hickner
County Executive

Division on Aging - Publisher
Becky Reimann - Director
Bruce Boman - Distribution
Lori Urbancik - Layout



Donations Accepted

Computer Lab for the Visually Impaired

Region VII Area Agency on Aging, working in partnership with the Michigan Commission for the Blind, has installed two software programs, Zoom Text and JAWS, on two computers in the computer lab to assist individuals who are blind or visually impaired and want to learn how to browse the Internet, create e-mails, or compose Word documents.



Zoom Text is a screen magnifier which provides a wide range of magnification levels, allowing a person to enlarge the view according to their needs. This software also offers eight zoom window types, whereby each of these windows provides a unique way of viewing what is on the screen.

JAWS (Job Access With Speech) is a screen reader that works with the Windows operating system to provide access to popular software applications and the Internet. JAWS uses an integrated voice synthesizer and the computer's sound card to output the content of the computer screen through speakers. A large-print keyboard is also available for usage.

If you or someone you know is blind or visually impaired and wants to use the computer lab or would like more information about the software or other services offered by Region VII, please



call 1-800-858-1637 or visit Region VII at 1615 South Euclid Avenue, Bay City, MI 48706. If you need an introduction to these computer applications, please call ahead so that Region VII can schedule a staff member to assist you at your first appointment.

Div. on Aging Budget/Revenues for 2011

Division on Aging extends a "thank-you" to all residents who voted for the senior millage renewal question, which was approved in August. The millage question, however, was for a renewal of 0.5 mills. This is the same rate that has been in effect since 1989. Unfortunately, property values have decreased in some parts of our County, and foreclosures have increased. The result is that less tax revenue dollars are being collected, even though the millage rate remains the same.



Division on Aging has also been approved to receive Federal and State grants for the new fiscal year (October 1, 2010, through September 30, 2011); however, funding available is less than last year, due to the economy.

As of Wonderful Times print deadline, the calendar year budget has been developed with reductions in spending planned through attrition/elimination of vacant positions. Wages are frozen and work schedules are fixed to contain costs. We appreciate your understanding as we strive to live within our budget.

DINING CENTER

❖**Riverside Friendship Center** - Acrylic painting classes with Steve Wood continue Monday, November 1, with a painting entitled "Pine Valley." Attention people with diabetes! Do you suffer from foot pain, burning feet, or sore spots? Diabetes Day is Monday, November 8, at 10:30 a.m., with a Certified Diabetes Educator and a Podiatrist on hand to answer all your diabetes-related questions. Thursday, November 18, is our Thanksgiving Dinner Party with snacks and "pie" bingo from 10:15 a.m. to 11:45 a.m. and a traditional Thanksgiving dinner with all the trimmings at noon, followed by a drawing for some great prizes. Tuesday, November 23, is a Thanksgiving Fresh Arrangement Class, during which we will make a beautiful fresh arrangement for your Holiday table using a cornucopia-style basket, fall mums, leaves, berries, etc. Wednesday, December 1, is a Christmas Door Swag Class, during which we will decorate an artificial Holiday swag with artificial greens, pine cones, bows, etc., that will be perfect for your front door. Acrylic painting classes with Steve Wood continue Monday, December 6, with a painting entitled "Maybe Next Year." Our Christmas Dinner Party will be Thursday, December 16, at 10:00 a.m. with Holiday spirit, snacks, fun, a wonderful Christmas dinner, the Dick Case Band, and a Chinese auction. Call Sandy at least 24 hours in advance at 893-7070 for lunch reservations. Suggested donation is \$2.50.



HIGHLIGHTS

❖**Williams Senior Dining Center** - Closed Tues., Nov. 2 for General Election Day. On Nov. 18, we will have a magic show with Carrie Rostollan at 10:30 a.m. On Tuesday, Dec. 7, we will have a Christmas sing-a-long with guitarist Betty Scherzer at 11:00 a.m. Catch the Holiday Spirit with the Western Singers on Tues., December 14, at 11:00 a.m. On Tuesday, Dec. 21, at 9:45 a.m., we will have a free Christmas bingo with punch and cookies. Call Mary at least 24 hours in advance at 662-6521 for lunch reservations.



❖**Hampton A.M.** - Thursday, November 4, at 11:30 a.m., is Cider and Doughnuts Day; join us for a Fall treat. Wed., November 10, at 12:30 p.m., is Cupcake Day; bring a friend for a sweet treat. Tues., Nov. 16, at 12:30 p.m., we are nuts about you! Come and enjoy a nutty surprise. Thurs., Nov. 18, is our Thanksgiving Dinner at noon with lots of great food. Wednesday, November 24, at 12:30 p.m., is Pumpkin Pie Day. Thursday, December 9, at 12:30 p.m., is Banana Split Day; make your own, and please bring a friend. Our Christmas Party is Thursday, December 16, at 11:15 a.m.; join us for snacks, treats, fun, lots of great food, and free bingo. Our New Year's Party is Wed, December 29, at 11:30 a.m.; come and help us celebrate with snacks, treats, and fun. Call Susan at 895-5968 for lunch reservations. Suggested donation is \$2.50.



Rainbow Senior Center
800 Livingston Avenue
Bay City 48708

Telephone: 892-6605
Tues., Wed., and Thurs., 9:30 a.m. to 1:30 p.m.
Site Manager: Anjelica Rodriguez
****Transportation is available**

Wednesdays - Walking Club at 9:30 a.m.

Thursdays - Bingo at 10:30 a.m.

Wednesday, November 3 - Apple Pie Day at noon

Thursday, November 4 - Blood Pressure Clinic w/Cathy Sujkowski, RN, 11:30 a.m.

Wednesday, November 10 - Movie and Popcorn Day at 10:00 a.m.

Wednesday, November 17 - Christmas Craft Day

Thursday, December 2 - Blood Pressure Clinic w/Cathy Sujkowski, RN, 11:30 a.m.

Thursday, December 9 - Egg Nog and Cookies Day

Tuesday, December 14 - Pumpkin Treat Day

Thursday, December 16 - Christmas Party - Come for some nice Christmas treats!

Williams Senior Center
1080 West Midland Road
Auburn 48611

Call 662-6521
Monday through Thursday, 9:00 a.m. to 1:00 p.m.
Site Manager: Mary Wilson
****Transportation is available**

Daily - Indoor/Outdoor Walking, 9:30 a.m.-1:00 p.m.

Mondays and Wednesdays - Bingo at 10:00 a.m.

Tuesdays - Cards, games, and puzzles at 10:00 a.m.

Thursdays - Cards, games, and puzzles at 10:00 a.m.; Popcorn Day

Monday, November 1 - Blood Pressure Clinic w/RN Dorothy McPhillips, 10:00 am

Tuesday, November 2 - General Election Day *** DINING CENTER CLOSED ***

Thursday, November 18 - Magic Show with Carrie Rostollan at 10:30 a.m.

Tuesday, November 30 - Celebrate November birthdays w/cake, flowers, balloons

Monday, December 6 - Blood Pressure Clinic w/RN Dorothy McPhillips, 10:00 am

Tuesday, December 7 - Christmas Sing-a-long w/guitarist Betty Scherzer at 11 am

Tuesday, December 14 - Catch the Holiday Spirit with Western Singers at 11 am

Tuesday, December 21 - Free Christmas Bingo with punch & cookies at 9:45 a.m.

Wednesday, December 29 - Celebrate December birthdays w/cake, flowers, balloons

Walk-In Benefits Screening Clinic Nov. 12

Individuals and caregivers are invited to attend a Walk-In Benefits Screening Clinic on Friday, November 12, from 12:30 p.m. to 2:30 p.m. at Riverside Friendship Center, 800 J. F. Kennedy Drive, Bay City. Kristina Rubis and Kristi Bueche, MMAP Counselors from Region VII Area Agency on Aging, will be on hand to help identify programs or benefits from which you may benefit.

If you are a resident of the City of Bay City, bring a recent bill or tax form to confirm that you are a City resident. Some programs are only open to residents of the City of Bay City who can verify home ownership and account holder status for utilities billed through Bay City Power and Light.

Please bring the following information to help determine eligibility:

- 1) Annual statement of earnings from Social Security or confirmation of your monthly Social Security payment
- 2) Information on any other regular monthly income, such as a pension, interest income, rental income, etc.
- 3) Info on assets, such as bank accounts, IRAs, retirement funds, certificates of deposit, money market accounts, stocks, bonds, and second properties or homes beyond the primary residence
- 4) Information on pre-paid burial plans and/or life insurance policies
- 5) Verification of home ownership (tax bill)

Staff will screen for eligibility for the following programs:

- 1) Qualified Medicare Beneficiary Program (QMB)
- 2) Specified Low-Income Beneficiary Program (SLMB)
- 3) Low-income subsidy for the Medicare Part D prescription program
- 4) Bridge Card (previously food stamps)
- 5) Carrier Alert Program - for Bay City residents, provided by the U.S. Postal Service
- 6) Winter Protection Plan - through the City of Bay City for individuals age 65+
- 7) Reduced electrical fees for Bay City residents with medical conditions requiring daily use of oxygen or other electricity-dependent equipment
- 8) Reduced trash collection fee for seniors - for Bay City residents only
- 9) Winter Protection Plan - through Consumers Energy
- 10) Monthly food commodities through Mid-Michigan Community Action Agency - for individuals whose monthly income meets certain criteria for eligibility
- 11) Angel Food Ministries
- 12) Tuesday Toolman Program and targeted food and appliance assistance programs through United Way of Bay County
- 13) Mid-Michigan Community Action Agency deliverable fuel program

No appointments are necessary; however, the Clinic is intended for Bay County residents age 60 and older or caregivers of individuals age 60 and older.

If you would like to have lunch before the Walk-In Clinic, please call Sandy at 893-7070 between 9:15 a.m. and 2:00 p.m., no later than November 10.

Golden Horizons – New Enrollments

Golden Horizons Adult Day Center, 1001 Marsac Street, is now accepting new enrollments. This social program for older adults with memory loss allows the person to participate in activities during the day and return to the comfort of their home at night. If you are having difficulty finding meaningful, stimulating activities for a family member, your family member is becoming socially isolated, or they require supervision while you are away, Golden Horizons may be just what you need. The program is open Mon.-Fri. from 7:30 a.m. to 5:30 p.m. Lunch and snacks are provided. The cost is \$8.00 per hour. For more info or to schedule a visit, call 892-6644.



Medicare Part D Help Sessions

Open enrollment for the Prescription Drug Plan Coverage (Medicare Part D) begins November 15 and ends December 31. This program is for those enrolled in Medicare who have no other creditable prescription drug coverage. If you are just turning 65, this would be your first opportunity to sign up for one of the drug plans. If you are already enrolled, this is your opportunity to review the various plans in relation to the drugs you take regularly. You may switch plans only during the open enrollment period of November 15 to December 31.

A website that can answer many of your questions is www.medicare.gov. You can also call 1-800-803-7174, which will direct you to a Medicare specialist near you.

Division on Aging will again host help sessions for this program at Riverside Friendship Center, 800 J. F. Kennedy Drive, Bay City. Individuals trained through the Michigan Medicare/Medicaid Assistance Program (MMAP) will be on hand to assist with completion of the low-income subsidy form, review Medicare drug plan options and other prescription options, and review Medicare Advantage Plans. If you would like an appointment, please call Jessica or Beth at the main office at 895-4100 or toll-free at 1-877-229-9960.



Help Sessions will be held every Tuesday from Nov. 16 thru Dec. 21 from 12:30 p.m. to 4:00 p.m. Please bring the following:

- 1. List of current prescription drugs/dosages
- 2. Social Security number
- 3. Medicare card
- 4. Letter from current prescription carrier (only if you are being dropped by your current carrier)
- 5. Information on monthly resources

If you would like to have lunch before your appointment, please call the Site Manager at least one day in advance at 893-7070 between 9:00 a.m. and 2:00 p.m. There is a suggested donation of \$2.50 for lunch for anyone age 60 and older. Other family members who are under the age of 60 must pay the guest of \$4.75 for lunch.

If you cannot make a Tuesday afternoon appointment or if you are under age 60, you may call MMAP at 1-800-803-7174 to make other arrangements.

NOVEMBER & DECEMBER 2010

DINING CENTER PROGRAMS

Kawkawlin Senior Center
1800 East Parish Road
Kawkawlin, MI 48631

Telephone: 686-5127
Wednesday and Thursday, 9:00 a.m. to 12:30 p.m.
Site Manager: Velda Kowalsky
****Transportation is available**

Wednesdays & Thursdays

- Smear Club at 9:00 a.m., puzzles, and walking

Wednesday, November 3

- Blood Pressures w/Cathy Sujkowski, R.N., at 11:30 a.m.

Wednesday, November 10

- Popcorn Day

Thursday, November 18

- Happy Thanksgiving! Turkey drawing at lunch time.

Wednesday, December 1

- Blood Pressures w/Cathy Sujkowski, R.N., at 11:30 a.m.

Wednesday, December 8

- Snowman Day with special snowman treats

Thursday, December 16

- Christmas Party with special treats all day long!

Hampton Happy Hearts A.M.
801 West Center Road
Essexville 48732

Telephone: 895-5968
Monday through Thursday, 10:00 a.m. to 2:00 p.m.
Site Manager: Susan Howell
****Transportation is available**

Daily

- Music and fellowship; Cards at 10:15 a.m.; Bingo at 12:45 p.m.

Tuesday, November 2

- Blood Pressure Clinic w/Cathy Sujkowski, R.N., 11:30 am

Thursday, November 4

- Cider & Doughnuts Day at 11:30 a.m.; enjoy a Fall treat

Wednesday, November 10

- Cupcake Day at 12:30 pm; bring a friend for a sweet treat

Tuesday, November 16

- We're nuts about you! Enjoy a nutty surprise at 12:30 pm

Thursday, November 18

- Thanksgiving Dinner at noon - Lots of great food!

Wednesday, November 24

- Pumpkin Pie Day at 12:30 p.m.

Tuesday, November 30

- Birthday and Anniversary Day at 12:30 p.m. w/ice cream

Tuesday, December 7

- Blood Pressure Clinic w/Cathy Sujkowski, R.N., 11:30 am

Thursday, December 9

- Banana Split Day, 12:30 pm—make your own; bring a friend

Thursday, December 16

- Christmas Party at 11:15 am w/snacks, treats, bingo, fun

Wednesday, December 22

- Birthday and Anniversary Day at 12:30 p.m. w/ice cream

Wednesday, December 29

- New Year's Party at 11:30 a.m. with snacks, treats, fun

NOVEMBER & DECEMBER 2010

DINING CENTER PROGRAMS

Riverside Friendship Center Telephone: 893-7070

800 J. F. Kennedy Drive

Bay City 48706

Monday through Friday, 9:00 a.m. to 2:00 p.m.

Site Manager: Sandy Jozwiak

**Transportation is available

Mondays

-

Men’s Smear Club at 9:30 a.m.
Commit To Be Fit, 10:00 to 11:00 am; \$3 drop-in fee (60+), \$4 (under 60)
Mixed Smear Club at 12:30 p.m.

Tuesdays

-

Knitting/Crocheting at 9:30 a.m.
Bid Euchre at 10:00 a.m.
Cribbage at 12:30 p.m.

Wednesdays

-

Euchre at 9:45 a.m.

Thursdays

-

Commit To Be Fit, 10:00 to 11:00 am; \$3 drop-in fee (60+), \$4 (under 60)
Bingo at 10:15 a.m.
Shuffleboard at 12:30 p.m.

Fridays

-

Line Dancing at 10:15 a.m. (\$3.00 fee)
Bingo at 10:15 a.m.
Pinochle Club at 12:30 p.m.

Monday, November 1

-

Acrylic Painting Class with Steve Wood (call for details)

Monday, November 8

-

Diabetes Day w/Certified Educator & Pedorthist, 10:30 am

Tuesday, November 9

-

Blood Pressure Clinic w/Jan Richards, R.N., at 11:00 am

Friday, November 12

-

Walk-In Benefits Screening Clinic 12:30-2:30 pm (Page 21)

Tuesdays begin. Nov. 16

-

Medicare Part D Help Sessions by appointment only (Page 20)

Thursday, November 18

-

Thanksgiving Dinner Party w/ snacks, "pie" bingo, drawing
Low Vision Support Group invited (no meeting this month)

Tuesday, November 23

-

Thanksgiving Fresh Arrangement Class (call for cost/details)

Tuesday, November 30

-

Birthdays and Anniversaries celebrated

Wednesday, December 1

-

Christmas Door Swag Class at 10:30 a.m. (call for cost)

Monday, December 6

-

Acrylic Painting Class with Steve Wood (call for details)

Tuesday, December 14

-

Blood Pressure Clinic w/Jan Richards, R.N., at 11:00 am

Thursday, December 16

-


Christmas Dinner Party at 10:00 a.m.
Low Vision Support Group invited (no meeting this month)

Tuesday, December 28

-

Birthdays and Anniversaries celebrated

Calendar Notes

- ✓Presentation on Medicare Benefits – specifically in-home benefits, end-of-life benefits, and any benefits offered when an individual is in a nursing home – will be presented by staff of **Heartland Home Health and Hospice**, in cooperation with **Sheffield Bay Assisted Living**. The presentation will take place at Sheffield Bay, 4471 Sheffield Drive, Bay City, on Wednesday, November 10, at 6:00 p.m. Light refreshments will be provided.
- ✓Facing the Holidays will be offered by **MidMichigan Home Care** on Wednesday, November 3, from 3:00 p.m. to 5:00 p.m., and again from 6:00 p.m. to 8:00 p.m., at MidMichigan Home Care, 3007 N. Saginaw Road, Conference Room A, Midland. There is no charge for the program. Participants are asked to register no later than one week in advance by calling toll-free at 1-800-999-3199. Care professionals will offer families and individuals information to help them handle the Holiday season, especially after the loss of a loved one.
- ✓The **Osher Lifelong Learning Institute (OLLI)** offers the following classes in November and December: *Environmental Issues Affecting the Great Lakes: A Chemist’s Perspective* Wed., November 10; *Lone Oak Vineyard Luncheon & Ella Sharp Museum* Wed., November 3; *Mary Poppins at the Wharton* Saturday, November 13; *Christmas at the Henry & Edsel Ford Estates* Wed., December 1; *Memory and Aging: Get the Facts* Mon., December 6;

Health Care Reform and You Tuesdays, November 2, 9, 16 and 23; *Natural Health Alternatives* Wednesday, December 8; *The Human Brain: Structure and Function* Mondays, November 8, 15, 22 and 29; *How Weather is Made* Tuesdays, November 30 and December 7 and 14; *Discover the Benefits of Yoga* Mondays, November 1, 8, 15, 22, and 29 and December 6; *Continuing Yoga* Mondays, November 1, 8, 15, 22, and 29 and December 6; *50+ Zumba* Tuesdays, November 2, 9, 16, 23, and 30 and December 7; *Curling: Slide Into a New Experience* Thursdays, November 4, 11, and 18 and December 9; *Indoor Cycling to the Oldies* Tuesdays, November 9, 16, 23, and 30 and December 7; or Thursdays, November 4, 11, and 18 and December 2 and 9; *Choral Singing for Pleasure* Tuesdays, November 2, 9, 16, and 23; *Changing Broadway Forever: With Candor About Kander and Ebb* Mondays, November 1, 8, 15, and 22; *Budget-Friendly Interior Design Tips* Tuesdays, November 2, 9, 16, and 23; *Mac 103: Electronic Studio* Fridays, November 12 and 19 and December 3; *Selling on eBay* Friday, November 12; *How to Make a Photo Book* Fridays, December 3 and 10; *Philosophy and History of God* Thursdays, November 11 and 18 and December 2, 9, and 16; *Evil* Tuesdays, November 30 and December 7 and 14; and *Custer and the Civil War* Thursdays, November 11 and 18 and December 2 and 9. For information on specific times, fees, and locations of classes, contact OLLI at 964-4475, or visit the website at www.svsu-cbed/olli/.



✓Calendar Notes

✓The **State Theatre**, 913 Washington Ave., Bay City, will be hosting holiday-themed movies during November and December for Sundays in the City. All movies have a \$5 admission fee. Titles include: Elf (November 14 at 1:00 p.m.), The Polar Express (November 14 at 4:00 p.m.), It's a Wonderful Life (November 21 at 1:00 p.m.), A Christmas Story (November 21 at 4:00 p.m.), The Muppet Christmas Carol (November 28 at 1:00 p.m.), The Christmas Shoes (November 28 at 4:00 p.m.), The Polar Express (December 5 at 1:00 p.m.), Miracle on 34th Street (1947) (December 5 at 4:00 p.m.), Home Alone (December 12 at 1:00 p.m.), Home Alone 2: Lost in New York (December 12 at 4:00 p.m.), A Christmas Story (December 19 at 1:00 p.m.), and The Polar Express (December 19 at 4:00 p.m.). For more info, please call 892-2660 or visit the website at www.statetheatrebaycity.com.

✓The **Bay City Noon Optimist Club** presents “Inside the Tuscan Hills” to be shown Monday, November 1, at 7:00 p.m. at the State Theatre. This film presents a vivid portrait of a place where ancient traditions have never disappeared and gives an insider’s look at the rich rural culture of Tuscany. With exclusive access to the workshops, kitchens, and homes of the Tuscan people, the show is a journey into one of the world’s most beautiful places. Witness the region’s amazing diversity of landscape, arts, and food - revealing how the Tuscans themselves



really live and weaving compelling stories of master craftsmen and country cooks, ancient farmhouses, and rustic cheese makers, while soaking up the singularly beautiful landscape. Tickets are \$8.00 at the door or \$18.00 for season tickets. Series sponsor is Best Real Estate and “Inside the Tuscan Hills” is underwritten by Independent Bank. For further information, contact Guy Greve at 893-9578.

✓**Bay Special Care and Special Days Camps** announce the 7th Annual Harvest Dinner Dance on Saturday, November 6, from 6:00 p.m. to 11:00 p.m. at Monitor Township Hall, 2483 E. Midland Road, Bay City. Tickets are \$15.00 and include dinner, DJ music, silent auction, and 50/50 raffle. Cash bar available. All proceeds to benefit Special Days Camps for children and siblings with cancer or leukemia.

✓The **Bijou Orchestra** will present “Blazing! An Evening of Virtuoso Pieces” on Saturday, November 20, at 8:00 p.m. at the State Theatre, and Sun., November 21, at 2:00 p.m., at Rhea Miller Recital Hall, Saginaw Valley State University. This is a program about the sheer joy of mastering an instrument and making music. Featured soloist is Michigan State University Saxophone Professor Joe Lulloff, internationally renowned as both a classical and a jazz artist. The Bijou Orchestra will be featured in several pyrotechnical pieces including Franz Liszt’s Les Preludes. Tickets are \$10, \$20, \$25, or \$30. Call 892-4200 for more information or visit www.thebijou.org.



NOVEMBER & DECEMBER 2010

DINING CENTER PROGRAMS

Hampton Happy Hearts P.M. Telephone: 895-5968
801 W. Center Road
Essexville 48732

Monday through Friday, 2:00 p.m. to 6:00 p.m.
Site Manager: Sandi Fader
****Transportation is available**

Daily - *Cards, games, library, music, and fellowship, 2:00 p.m. to 6:00 p.m.

Fridays - Hampton P.M. seniors wear blue every Friday until all troops are home

Tuesday, November 2 - Deviled Egg Day - just as little treat for the day

and Blood Pressure Clinic w/Cathy Sujkowski, RN, at 4:15 pm

Wednesday, November 3 - Sandwich Day - What kind? You must come to find out!

Monday, November 8 - Dunce Day; who is/are the dunce/dunces? Cast your vote!

Wednesday, November 10 - Variety Tones from 2:00 p.m. to 5:00 p.m.

Friday, November 12 - Veterans’ Day Recognition–bring military items/share stories

Monday, November 15 - Drawing for turkey and all the trimmings

Wednesday, November 17 - Tie One on Day–Wear your prettiest, silliest, favorite apron

Thursday, November 18 - Thanksgiving Bingo at 5:45 p.m. - enjoy an unusual bingo

Monday, November 22 - Parfait Day - treats for everyone

Wednesday, November 24 - Birthday Celebrations

Friday, December 3 - Wear Your Brown Shoes Day

Monday, December 6 - Brownie Day

Tuesday, December 7 - Blood Pressure Clinic w/Cathy Sujkowski, RN, at 4:15 pm

Thursday, December 9 - Variety Tones from 2:00 p.m. to 5:00 p.m. and

and Drawing for a Christmas basket full of food for the holidays

Friday, December 10 - Chocolate-Covered Anything Day - it will all be available

Thursday, December 16 - Cookies for sale today

Wednesday, December 22 - Christmas Party

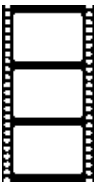
Wednesday, December 29 - Birthday Celebrations and New Year’s Eve Party

***You must be a site participant to enjoy these activities**

Movie and a Meal at Wirt Library

Division on Aging and the Bay County Library System continue to bring you a movie and a meal. Alice & Jack Wirt Public Library will provide the movie and the room with a full screen and full sound, and lunch will be provided by Division on Aging. Bring a comfortable cushion to put on your chair and mark your calendar for lunch and a movie.

On Wednesday, November 10, see the romantic comedy The Proposal starring Sandra Bullock, Ryan Reynolds, and Betty White. When high-powered book editor Margaret faces deportation to her native Canada, she declares that she is engaged to her unsuspecting assistant Andrew, whom she has tormented for years. He agrees to participate in the charade, but with a few conditions of his own. With an impromptu wedding in the works and an immigration official on their tails, Margaret and Andrew reluctantly vow to stick to the plan, despite the precarious consequences.



On Wednesday, December 15, the movie will be Everybody's Fine, starring Robert Deniro and Kate Beckinsale. Christmas is fast approaching. When recent widower Frank's son and two daughters each call separately to cancel their plans to visit, Frank realizes that it was his wife who was holding the family together. Determined to correct the situation, Frank embarks on a road trip to visit each of his children. Along the way, he discovers the things they have been hiding from him and how hard they have tried to make him proud.

We will meet at 11:30 a.m. in the Community Room on the First Floor of Wirt Library, 500 Center Ave., Bay City, with a review of the movie and a tour of the library. Lunch will be served and the movie will begin at noon. The package is \$3.00 for those age 60 and older, and \$5.00 for those under age 60, which includes the donated facilities, the movie, and \$2.50 suggested donation for lunch. Advance reservations are due no later than Nov. 3 and Dec. 8. A volunteer will contact you for your choice of the sandwich or the salad of the week. Make all checks payable to "Bay County Division on Aging." Registration forms for the Movie and Lunch Series are available at all Dining Centers and at the main office, 515 Center Avenue, Suite 202, Bay City. For more information, contact Debbie Keyes at 893-5834.

Williams Senior Center Activities

Carrie Rostollan, first-place winner of Michigan Magic Day 2005, brings amazing magical entertainment on Nov. 18 at 10:30 a.m.; make your lunch reservation by Nov. 15. Christmas sing-along with guitarist Betty Scherzer Dec. 7 at 11:00 a.m.; make your lunch reservation by Dec. 2. Catch the Holiday Spirit with Western Singers Dec. 14 at 11:00 a.m.; make your lunch reservation by Dec. 9. These three events will be held at Williams Senior Center, 1080 W. Midland Road, Auburn. Lunch is served at 12 noon. You may choose the hot entree, the salad of the week, or the sandwich of the week. Suggested donation for lunch is \$2.50. Call Mary at 662-6521 for more information.



Calendar Notes

✓**Golden Horizons** announces the scheduling of "Communicating Effectively" on Tuesday, November 9, from 9:30 a.m. to noon and again on Thursday, November 11, from 7:00 p.m. to 9:30 p.m. Enhance verbal communication and improve interaction with a person who has Alzheimer's disease and/or dementia. A session entitled "Overview of Alzheimer's and Other Dementias" will be offered on Wednesday, November 17, from 7:00 p.m. to 9:30 p.m. and again on Friday, November 19, from 9:30 a.m. to noon. Learn more about dementia, a group of symptoms that include: memory loss, declining intellectual abilities, confusion, and personality changes. Alzheimer's disease is just one cause of dementia. Includes information on legal, financial, and health care issues. A session entitled "Alzheimer's from A to Z" will be offered on Monday, November 15, from 6:30 p.m. to 9:30 p.m., and again on Tuesday, November 30, from 9:00 a.m. to noon. This program provides an overview of Alzheimer's and dementia, communication techniques, managing difficult behaviors, activity ideas, latest research, treatment, safety, local services, legal, and financial. A session entitled "Managing Difficult Behaviors" will be offered on Tuesday, December 7, from 9:30 a.m. to noon and again on Thursday, December 9, from 7:00 p.m. to 9:30 p.m. Understand the causes of difficult behaviors exhibited by a person with dementia or Alzheimer's



disease, such as wandering, agitation, restlessness, sundowning, wanting to go home, repeating, etc. Learn techniques to reduce and manage these behaviors. A session entitled "Grief & Loss" will be offered on Monday, December 13, from 7:00 p.m. to 9:30 p.m., and again on Wednesday, December 15, from 9:30 a.m. to noon. Family caregivers often



experience a sense of grief and bereavement long before the death of a loved one with Alzheimer's disease or dementia. Discover what has been lost, what remains, and what is possible. There is no fee for these programs, but advance reservations are required by calling 892-6644. All classes are held at Golden Horizons, 1001 Marsac Street, Bay City, and are open to family caregivers as well as paid caregivers. Funding is provided by Region VII Area Agency on Aging and the Alzheimer's Fund of the Bay Area Community Foundation.

✓**The Bay County Alzheimer's/Dementia Caregiver Support Group** meeting will be held Tuesday, November 9, and Tuesday, December 14, from 7:00 p.m. to 9:00 p.m. at Golden Horizons, 1001 Marsac Street, Bay City. Facilitator is Stacy McIntyre, LMSW. The group meets the second Tuesday of each month.



✓**The Lincoln Road Dancers** remind adults that music for their dancing pleasure will be provided Tuesdays from 1:30 p.m. to 4:30 p.m. at Lincoln Road Hall, 79 South Lincoln Road, Bay City.

✓Calendar Notes

✓**Hampton Happy Travelers** is sponsoring a casino trip to Soaring Eagle Casino in Mt. Pleasant on Tuesday, November 23 (no trip in December). The meal will be catered by Division on Aging. Reservations are required. For more information, call Don at 895-5968 Monday through Thursday from 11:00 a.m. to 2:00 p.m.

✓**Healthy Living Series**, sponsored by the Center for Rehabilitation, presents “Breast Cancer Lymphedema” on Tuesday, November 9, from 6:30 p.m. to 8:00 p.m. Lymphedema is the accumulation of fluid in the hand, arm, chest, neck, or back that occurs when lymph nodes or lymph vessels are impaired. This can occur following cancer treatment including chemotherapy and radiation. Kristin Rousseau, Physical Therapist and Certified Lymphedema Therapist, will discuss who is at risk for lymphedema and how to recognize symptoms of the condition. Learn about precautions, prevention of reoccurrences, treatment options, and self-management. Register by calling 667-6600. There is no fee. Held at Lincoln Center, 820 S. Lincoln, Bay City.

✓**The Historical Museum of Bay County**, 321 Washington Ave., Bay City, continues its “Second Saturday” series November 13 from 1:00 p.m. to 2:00 p.m. with “The Whispering Stones: Stories and Events from the Lives of Those Remembered in Pine Ridge Cemetery.” Join Fred Welsh as he presents a “virtual tour” of historic Pine Ridge Cemetery and guides us on a

thoughtful view of the records inscribed in the stones, walks, artifacts, and information available to visitors through the cemetery. Pictures, story, and song presented using the Bay County Historical Society’s multimedia capabilities will give listeners a different opportunity for experiencing the history and lives honored by the stones speaking their pale white messages. There will not be a Second Saturday event in December. There is no fee and refreshments will be served. For more information, call 893-5733.



✓**Bay Regional Medical Center** will hold Heart Health & Stroke Screening on Nov. 9. Cost is \$10.00 payable at the screening. Advance registration is required by calling toll-free 1-877-411-BRMC (2762). Screening will be held from 8:00 a.m. to noon at the Center for Rehabilitation, 3190 E. Midland Road, Bay City. The screening includes: diabetes screening; blood pressure/pulse; full lipid profile, including total cholesterol, HDL, LDL, and triglycerides; results counseling; and risk reduction plan. A 12-hour fast is required for accurate results.

✓**Bay Concert Band** Christmas Concert is Tuesday, December 14, at 7:30 p.m., in the auditorium at Bay City Central High School. Tickets are \$8 for adults and \$5 for senior citizens and are available at the door or at Herter Music Center, Bay Arts Council, or Bay Regional Medical Center Gift Shop. For more information, contact Alan Golden at 737-0851.



Holiday Craft Opportunities at Riverside

Those interested in preparing a Holiday-themed decoration may call Sandy at 893-7070 at Riverside Friendship Center, 800 J. F. Kennedy Drive, Bay City, to learn more about classes planned for Nov. 23 (Thanksgiving Fresh Arrangement) and December 1 (Christmas Door Swag). There are fees to cover costs, and advance reservation with payment is required.

Reminder–Transportation Pick-Up Service

Residents age 60 and older are reminded that Division on Aging works with a program called “Specialized Services” to arrange for a ride to and from the Dining Centers. If you would like to attend a Dining Center and you do not have transportation, you may contact the Site Manager at the Dining Center to reserve a meal and schedule a ride. At least 24 hours’ advance notice is required, and Division on Aging asks riders to make a donation for the daily fare.

Closing Procedures - Reminder

As we enter the cold weather months, we remind readers that the Division on Aging will sometimes close Centers and home delivered routes due to road conditions. When the Division on Aging makes a decision to close routes or Centers, the notice is under “Bay County Division on Aging.” The following TV stations are notified of our closing announcements:



WJRT-TV 12
WNEM-TV 5
WEYI-TV 25

The following FM radio stations are also notified of our closing announcements:

WHNN 96.1	WGER 106.3
WIOG 102.5	WTLZ 107.1
WKQZ 93.3	WSGW 100.5
WCEN 94.5	
WILZ with 2 frequencies 100.9 & 104.5	

The AM radio station WSGW 790 will also run announcements.

Please tune into one of these stations and watch or listen for our announcements. Normally, the business office remains open.



Home Delivered Meals vs. Mobile Meals

The Division on Aging home delivered meals program is completely different from the program called “Mobile Meals.” The Mobile Meals program provides meals for a fee to people of all ages and can meet special diet needs. The delivery area is limited to the Bay City and Essexville areas. They use volunteer drivers and they usually close their routes when the schools are closed. When you see “Mobile Meals closed” on the television, it is referring to THEIR program. When the Division on Aging closes the home delivered meals program, it will be listed under our name, usually “Division on Aging - HDM routes closed.” Thanks for your cooperation, and let’s all hope for a mild winter!



BAY COUNTY DIVISION ON AGING

DINING CENTERS AND HOME DELIVERED MEALS

Reservations must be made one day in advance to attend any Dining Center

Most Dining Centers scheduled to serve luncheon at noon



DINING

DECEMBER 2010

BAY COUNTY DIVISION ON AGING

HDM/MEAL SITE MENU

SALAD/SANDWICH MENU

DECEMBER 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
(6) CRISPY CHICKEN BREAST (1) DICED RED SKIN POTATOES (1) SPINACH WHOLE WHEAT BREAD W/OLEO (1) PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)	(7) BEEF POT ROAST SCALLOPED POTATOES (1) GREEN BEANS WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(8) HOT DOG W/CONEY SAUCE ON A WHOLE WHEAT BUN (1) HOMESTYLE FRIES (1) EUROPEAN BLEND VEGETABLES HAWAIIAN FRUIT (1) FAT-FREE MILK (1)	(9) HONEY-MUSTARD CHICKEN MASHED POTATOES (1) W/CHICKEN GRAVY (2) MIXED VEGETABLES MULTI-GRAIN DINNER ROLL & OLEO (2) BANANA NUT CAKE (3) FAT-FREE MILK (1)
(13) SWISS STEAK MASHED POTATOES (1) CORN (1) WHOLE WHEAT BREAD W/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(14) HAM W/PINEAPPLE SAUCE SWEET POTATO (2) WAX BEANS WHOLE WHEAT BREAD W/OLEO (1) ORANGE PINEAPPLE JELLO (2) FAT-FREE MILK (1)	(15) SPAGHETTI (1) W/HOMEMADE MEAT SAUCE GREEN PEAS TOSSED SALAD & DRESSING GARLIC BREAD (1) SLICED PEARS (1) FAT-FREE MILK (1)	(16) <u>CHRISTMAS DINNER</u> SLICED ROAST PORK LOIN MASHED POTATOES W/PORK GRAVY (1) BABY CARROTS MULTI-GRAIN DINNER ROLL & OLEO (2) LEMON MERINGUE PIE (3) FAT-FREE MILK (1)
(20) GOLD COAST PORK CHOPS MASHED POTATOES (1) MIXED VEGETABLES (1) WHOLE WHEAT BREAD W/OLEO (1) SLICED PEACHES (1) FAT-FREE MILK (1)	(21) BROCCOLI CHICKEN CASSEROLE (1) BAKED POTATO (3) BISCUIT & OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(22) HOMEMADE MEATLOAF (1) RED SKIN POTATOES (1) ITALIAN BEANS WHOLE WHEAT BREAD W/OLEO (1) OATMEAL RAISIN COOKIE (2) FAT-FREE MILK (1)	(23) CHRISTMAS HOLIDAY ALL OFFICES & MEAL SITES WILL BE CLOSED
(27) CHICKEN FINGERS OVEN BROWNED POTATOES (1) WHOLE KERNEL CORN (1) WHOLE WHEAT BREAD W/OLEO (1) APPLESAUCE (1) FAT-FREE MILK (1)	(28) SALISBURY STEAK (1) MASHED POTATOES (1) SLICED CARROTS WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (2) FAT-FREE MILK (1)	(29) COD FILET SANDWICH (1) ON A WHOLE WHEAT BUN (2) HERBED POTATOES (1) EUROPEAN BLEND VEGETABLES FRESH FRUIT (1) FAT-FREE MILK (1)	(30) NEW YEAR'S HOLIDAY ALL OFFICES & MEAL SITES WILL BE CLOSED

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
(WEEK OF 12-6 THRU 12-9-10) <u>GREEK SALAD</u> ROMAINE LETTUCE, TOMATO, GREEN PEPPER, RED ONION, CUCUMBER, BLACK OLIVES, AND FETA CHEESE WITH GREEK DRESSING COTTAGE CHEESE MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>CHICKEN SALAD WRAP</u> CHICKEN SALAD WITH A WHOLE WHEAT FLATBREAD, ROMAINE LETTUCE, TOMATO, RED ONIONS, CUCUMBER SPEARS, AND CARROTS SERVED WITH MARZETTI RANCH DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 12-13 THRU 12-16-10) <u>GARDEN SALAD</u> COTTAGE CHEESE, CHEDDAR CHEESE, SLICED CUCUMBER, BABY CARROTS, RED ONIONS, AND TOMATO ON CHOPPED ROMAINE LETTUCE WITH BACON BITS AND CROUTONS SERVED WITH MARZETTI BUTTERMILK DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>TURKEY/HAM & SWISS SANDWICH</u> SLICED TURKEY AND HAM WITH SWISS CHEESE ON RYE BREAD WITH ROMAINE LETTUCE, RED ONIONS, TOMATO, CUCUMBERS, AND CARROTS SERVED W/HONEY-MUSTARD DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 12-20 THRU 12-23-10) DUE TO THE CHRISTMAS HOLIDAY, THERE WILL NOT BE A SALAD CHOICE THIS WEEK	 DUE TO THE CHRISTMAS HOLIDAY, THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK
(WEEK OF 12-27 THRU 12-30-10) DUE TO THE NEW YEAR HOLIDAY, THERE WILL NOT BE A SALAD CHOICE THIS WEEK	 DUE TO THE NEW YEAR HOLIDAY, THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK

FRIDAY RIVERSIDE DINING CENTER ONLY
(10) HAND-CUT BEEF TIPS OVER EGG NOODLES (1) STEAMED BROCCOLI VINEGAR COLESLAW (1) WHOLE WHEAT BREAD W/OLEO (1) CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)
(17) TUNA NOODLE CASSEROLE (2) EUROPEAN BLEND VEGETABLES BROCCOLI SALAD (1) WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (2) FAT-FREE MILK (1)
(24) CHRISTMAS HOLIDAY RIVERSIDE FRIENDSHIP CENTER WILL BE CLOSED
(31) NEW YEAR'S HOLIDAY RIVERSIDE FRIENDSHIP CENTER WILL BE CLOSED

SALAD & SANDWICH CHOICES ARE AVAILABLE @ THE MEAL SITES ONLY.

CARBOHYDRATE KEY: 12 – 23 = (1) 24 – 35 = (2) 36 – ABOVE = (3)



HAMPTON EVENING DINING CENTER MENU

Reservations must be made one day in advance.

Meals served at 5:00 p.m.

Milk served with all meals.



HAMPTON EVENING DINING CENTER MENU

Reservations must be made one day in advance.

Meals served at 5:00 p.m.

Milk served with all meals.



DECEMBER 2010 BAY COUNTY DIVISION ON AGING HAMPTON EVENING MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(6) OVEN FRIED GARLIC CHICKEN (1) RED SKIN POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREAD W/OLEO (1) FRUIT COCKTAIL (1) FAT-FREE MILK (1)	(7) BBQ PORK SANDWICH ON A WHOLE WHEAT BUN (2) OVEN BROWNED POTATO (2) WHOLE KERNEL CORN (1) PLUMS IN JUICE (1) FAT-FREE MILK (1)	(8) HEARTY BEEF STEW (1) CAULIFLOWER MULTI-GRAIN DINNER ROLL & OLEO (2) CARROT CAKE (1) FAT-FREE MILK (1)	(9) HUNGARIAN PORK CHOP MASHED POTATOES (1) GREEN BEANS WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(10) HOMEMADE LASAGNA (3) ITALIAN BLEND VEGETABLES TOSSED SALAD & DRESSING GARLIC BREAD (1) HAWAIIAN FRUIT (1) FAT-FREE MILK (1)
(13) CHEESEBURGER ON A WHEAT BUN (2) BAKED POTATO (3) WAX BEANS PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)	(14) SWEET & SOUR PORK (1) OVER BROWN RICE (1) ITALIAN BEANS WHOLE WHEAT BREAD W/OLEO (1) MOLDED FRUIT JELLO (1) FAT-FREE MILK (1)	(15) CHICKEN TETRAZZINI (2) STEAMED BROCCOLI CREAMY CUCUMBERS WHOLE WHEAT BREAD W/OLEO (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(16) <i>CHRISTMAS DINNER</i> SLICED ROAST PORK LOIN MASHED POTATOES W/PORK GRAVY (1) BABY CARROTS MULTI-GRAIN DINNER ROLL & OLEO (1) LEMON MERINGUE PIE (3) FAT-FREE MILK (1)	(17) BAKED VEAL PARMESAN OVER SPAGHETTI (1) WINTER BLEND VEGETABLES TOSSED SALAD & DRESSING GARLIC BREAD (1) FRUIT (2) FAT-FREE MILK (1)
(20) PAPRIKA CHICKEN RED SKIN POTATOES (1) SLICED CARROTS WHOLE WHEAT BREAD W/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(21) SLICED ROAST BEEF MASHED POTATOES W/BEEF GRAVY (1) CAULIFLOWER WHOLE WHEAT BREAD W/OLEO (1) CHERRY CRISP (3) FAT-FREE MILK (1)	(22) BAKED PORK CHOP BAKED POTATO (3) EUROPEAN BLEND VEGETABLES MULTI-GRAIN DINNER ROLL & OLEO (2) FRUIT (2) FAT-FREE MILK (1)	(23) CHRISTMAS HOLIDAY ALL OFFICES & MEAL SITES WILL BE CLOSED	(24) CHRISTMAS HOLIDAY ALL OFFICES & MEAL SITES WILL BE CLOSED
(27) LUNCHEON STEAK W/BROWN GRAVY MASHED POTATOES (1) RIVIERA BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) PEAR SLICES (1) FAT-FREE MILK (1)	(28) CHICKEN RICE CASSEROLE (2) PEAS & PEARL ONIONS CREAMY COLESLAW (1) MULTI-GRAIN DINNER ROLL & OLEO (2) FRESH FRUIT (1) FAT-FREE MILK (1)	(29) BAKED BBQ PORK CHOP (1) RED SKIN POTATOES (2) TOSSED SALAD & DRESSING WHOLE WHEAT BREAD W/OLEO (1) FRUIT (2) FAT-FREE MILK (1)	(30) NEW YEAR'S HOLIDAY ALL OFFICES & MEAL SITES WILL BE CLOSED	(31) NEW YEAR'S HOLIDAY ALL OFFICES & MEAL SITES WILL BE CLOSED

Regarding any activity/event at the Bay County Division on Aging: Individuals with disabilities may request auxiliary aids/services by providing ten days' notice to the County of Bay before the scheduled event. Requests should be directed to Michael Gray at (989) 895-4130 or TDD at (989) 895-4049.

NOVEMBER 2010 BAY COUNTY DIVISION ON AGING HAMPTON EVENING MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(1) BEEF POT ROAST BAKED POTATO (3) STEWED TOMATOES (1) WHOLE WHEAT BREAD W/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)	(2) DUTCH CHICKEN DUTCH POTATOES (1) WHOLE KERNEL CORN (1) WHOLE WHEAT BREAD W/OLEO (1) PEACHES & CREAM CAKE (1) FAT-FREE MILK (1)	(3) COD FILET SANDWICH ON A WHOLE WHEAT BUN (2) HERB BAKED POTATOES (1) CREAMY COLESLAW (1) FRUIT (1) FAT-FREE MILK (1)	(4) SPANISH RICE (2) BROCCOLI CARROT RAISIN SALAD (1) MULTI-GRAIN DINNER ROLL W/OLEO (2) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(5) EMPLOYEE IN-SERVICE ALL OFFICES & MEAL SITES WILL BE CLOSED
(8) OVEN BAKED CHICKEN RED SKIN POTATOES W/ONION (1) CALIFORNIA BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) DICED PEARS (1) FAT-FREE MILK (1)	(9) HOMEMADE GOULASH (2) SLICED CARROTS TOSSED SALAD & DRESSING GARLIC BREAD (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(10) CHICKEN TENDERS BAKED POTATO (3) GREEN PEAS WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(11) VETERANS' DAY ALL OFFICES AND MEAL SITES WILL BE CLOSED	(12) BOILED DINNER (1) MULTI-GRAIN DINNER ROLL & OLEO (2) OATMEAL APPLESAUCE CAKE (3) FAT-FREE MILK (1)
(15) LUNCHEON STEAK W/TOMATO SAUCE MASHED POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREAD W/OLEO (1) CHUNKY APPLESauce (1) FAT-FREE MILK (1)	(16) BAKED PORK CHOP CANDIED SWEET POTATO (3) CAULIFLOWER WHOLE WHEAT BREAD W/OLEO (1) FRUIT COCKTAIL CAKE (3) FAT-FREE MILK (1)	(17) HOMEMADE CHILI (2) BAKED POTATO (1) STEAMED BROCCOLI SALTINE CRACKERS (1) FRUIT (2) FAT-FREE MILK (1)	(18) <i>THANKSGIVING DINNER</i> SLICED TURKEY MASHED POTATOES WITH TURKEY GRAVY (2) STUFFING (2) GREEN BEANS ALMONDINE MULTI-GRAIN DINNER ROLL & OLEO (2) PUMPKIN PIE W/WHIPPED TOPPING (3) FAT-FREE MILK (1)	(19) SLICED HAM RED SKIN POTATOES (1) EUROPEAN BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) PEACH/PEAR/PINEAPPLE FAT-FREE MILK (1)
(22) LEMON PEPPER TILAPIA (1) BAKED POTATO (3) SLICED CARROTS WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(23) HUNGARIAN PORK CHOP MASHED POTATOES (1) MIXED VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)	(24) CABBAGE CASSEROLE (2) WHOLE KERNEL CORN (1) GARLIC BREAD STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)	(25) THANKSGIVING HOLIDAY ALL OFFICES & MEAL SITES WILL BE CLOSED	(26) THANKSGIVING HOLIDAY ALL OFFICES & MEAL SITES WILL BE CLOSED
(29) DEVILED PORK CHOPS BAKED POTATO (3) ITALIAN BEANS WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(30) CHICKEN ALA KING BISCUIT & OLEO (1) SLICED CARROTS CREAMY COLESLAW (1) ALMOND POPPYSEED CAKE (3) FAT-FREE MILK (1)	(DECEMBER 1) MACARONI & CHEESE (2) PEAS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(DECEMBER 2) BEEF POT ROAST MASHED POTATOES W/BEEF GRAVY (1) WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (2) SLICED PEACHES (1) FAT-FREE MILK (1)	(DECEMBER 3) PORK CHOP SUEY OVER BROWN RICE (2) STEAMED BROCCOLI MULTI-GRAIN DINNER ROLL & OLEO (2) LEMON PUDDING (3) FAT-FREE MILK (1)

Regarding any activity/event at the Bay County Division on Aging: Individuals with disabilities may request auxiliary aids/services by providing ten days' notice to the County of Bay before the scheduled event. Requests should be directed to Michael Gray at (989) 895-4130 or TDD at (989) 895-4049.



BAY COUNTY DIVISION ON AGING
DINING CENTERS AND HOME DELIVERED MEALS
Reservations must be made one day in advance to attend any Dining Center
Most Dining Centers scheduled to serve luncheon at noon



DINING CENTERS ONLY

NOVEMBER 2010

BAY COUNTY DIVISION ON AGING

HDM/MEAL SITE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
(1) DEILED PORK CHOP BAKED POTATO (3) ITALIAN BEANS WHOLE WHEAT BREAD W/OLEO (1) CHUNKY APPLESauce (1) FAT-FREE MILK (1)	(2) CHICKEN ALA KING SLICED CARROTS CREAMY COLESLAW (1) BISCUIT & OLEO (1) ALMOND POPPYSEED CAKE (3) FAT-FREE MILK (1)	(3) MACARONI & CHEESE (3) PEAS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(4) BEEF POT ROAST MASHED POTATOES (1) W/BEEF GRAVY WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) SLICED PEACHES (1) FAT-FREE MILK (1)
(8) OVEN BAKED GARLIC CHICKEN RED SKIN POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREAD W/OLEO (1) FRUIT COCKTAIL (1) FAT-FREE MILK (1)	(9) BARBECUE PORK SANDWICH (1) ON A WHOLE WHEAT BUN (2) OVEN BROWNED POTATO (1) WHOLE KERNEL CORN (1) PLUMS IN JUICE (1) FAT-FREE MILK (1)	(10) HEARTY BEEF STEW (1) CAULIFLOWER MULTI-GRAIN DINNER ROLL (2) CARROT CAKE (1) FAT-FREE MILK (1)	(11) VETERANS' DAY ALL OFFICES & MEAL SITES WILL BE CLOSED
(15) CHEESEBURGER ON A WHEAT BUN (2) BAKED POTATO (3) WAX BEANS PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)	(16) COUNTRY-STYLE BAKED CHICKEN MASHED POTATOES (1) W/CHICKEN GRAVY SQUASH WHOLE WHEAT BREAD W/OLEO (1) MOLDED FRUIT JELLO (1) FAT-FREE MILK (1)	(17) SWEET & SOUR PORK (1) OVER BROWN RICE (1) WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(18) <u>THANKSGIVING DINNER</u> SLICED TURKEY MASHED POTATOES W/TURKEY GRAVY (1) STUFFING (2) GREEN BEANS ALMONDINE MULTI-GRAIN DINNER ROLL & OLEO (1) PUMPKIN PIE W/TOPPING (3) FAT-FREE MILK (1)
(22) PAPRIKA CHICKEN RED SKIN POTATOES (1) SLICED CARROTS WHOLE WHEAT BREAD W/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(23) SLICED ROAST BEEF MASHED POTATOES W/BEEF GRAVY (1) CAULIFLOWER WHOLE WHEAT BREAD W/OLEO (1) CHERRY CRISP (3) FAT-FREE MILK (1)	(24) BAKED PORK CHOP BAKED POTATO (3) EUROPEAN BLEND VEGETABLES MULTI-GRAIN DINNER ROLL & OLEO (2) FRUIT (2) FAT-FREE MILK (1)	(25) THANKSGIVING HOLIDAY ALL OFFICES & MEAL SITES WILL BE CLOSED
(29) LUNCHEON STEAK W/BROWN GRAVY MASHED POTATOES (1) RIVIERA BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) PEAR SLICES (1) FAT-FREE MILK (1)	(30) CHICKEN RICE CASSEROLE (2) PEAS & PEARL ONIONS CREAMY COLESLAW (1) MULTI-GRAIN DINNER ROLL & OLEO (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(DECEMBER 1) BREADED TILAPIA (1) BAKED POTATO (3) CALIFORNIA BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) LIME POKE CAKE (3) FAT-FREE MILK (1)	(DECEMBER 2) CHINESE BEEF OVER BROWN RICE (2) CORN (1) WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)

SALAD/SANDWICH MENU

NOVEMBER 2010

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
(WEEK OF 11-1 THRU 11-4-10) <u>GARDEN SALAD</u> - COTTAGE CHEESE, CHEDDAR CHEESE, SLICED CUCUMBER, BABY CARROTS, RED ONION & TOMATO ON CHOPPED ROMAINE LETTUCE WITH BACON BITS, CROUTONS, AND MARZETTI BUTTERMILK DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>ROAST BEEF SANDWICH</u> SLICED ROAST BEEF PLACED ON RYE BREAD WITH SWISS CHEESE, ROMAINE LETTUCE, RED ONION, AND TOMATO SERVED WITH SAUERKRAUT, THOUSAND ISLAND DRESSING, BABY CARROTS, AND CUCUMBER SPEARS DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 11-8 THRU 11-11-10) <u>SPINACH SALAD</u> - FRESH SPINACH WITH BAKED CHICKEN, EGG, RED ONION, TOMATO, MANDARIN ORANGES, TOASTED ALMONDS, CRUSHED CROUTONS SERVED W/BACON RANCH DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>CREAMY EGG SALAD SANDWICH</u> CREAMY EGG SALAD ON WHOLE WHEAT BREAD WITH ROMAINE LETTUCE, RED ONION, SLICED TOMATO, CARROTS, AND CUCUMBER SPEARS DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 11-15 THRU 11-18-10) <u>TUNA SALAD</u> - LIGHT CHUNK TUNA MIXED W/CELERY, GARDEN SEASONING, AND LITE MAYO, PLACED ON CHOPPED ROMAINE LETTUCE WITH RED ONION, TOMATO, AND CUCUMBERS SERVED W/MARZETTI RANCH DRESSING TOWNHOUSE CRACKERS DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>TURKEY WRAP</u> SHAVED TURKEY BREAST WITH SWISS CHEESE PLACED ON A WHOLE WHEAT WRAP WITH ROMAINE LETTUCE, RED ONION, AND SLICED TOMATO, SERVED WITH LITE BUTTERMILK DRESSING, BABY CARROTS, AND CUCUMBER SPEARS DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 11-22 THRU 11-25-10) <u>CHICKEN SALAD</u> CREAMY CHICKEN SALAD MADE WITH ALL WHITE MEAT CHICKEN ON A BED OF CHOPPED ROMAINE LETTUCE WITH RED ONION, TOMATO, AND CUCUMBERS WITH MARZETTI BUTTERMILK DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>HOMEMADE MEATLOAF SANDWICH</u> HOMEMADE MEATLOAF PLACED ON RYE BREAD W/AMERICAN CHEESE, ROMAINE LETTUCE, RED ONION, CUCUMBER SPEARS, AND CARROTS, SERVED WITH HONEY-MUSTARD DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 11-29 THRU 12-2-10) <u>CAESAR SALAD</u> BAKED CHICKEN, ROMAINE LETTUCE, CHEESE, AND CROUTONS WITH MARZETTI CAESAR DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>TUNA SALAD WRAP</u> CREAMY TUNA SALAD ON A WHOLE WHEAT WRAP WITH ROMAINE LETTUCE, RED ONIONS, AND SLICED TOMATO SERVED WITH RANCH DRESSING, CUCUMBERS, AND BABY CARROTS DESSERT/FRUIT OF THE DAY FAT-FREE MILK

SALAD & SANDWICH CHOICES ARE AVAILABLE @ THE MEAL SITES ONLY.
CARBOHYDRATE KEY:

12 – 23 = (1) 24 – 35 = (2) 36 – ABOVE = (3)

FRIDAY
RIVERSIDE
DINING CENTER
ONLY

(5)

EMPLOYEE IN-SERVICE

RIVERSIDE FRIENDSHIP CENTER
WILL BE CLOSED

(12)
HOMEMADE LASAGNA (3)
ITALIAN BLEND VEGETABLES
TOSSED SALAD & DRESSING
GARLIC BREAD (1)
FRESH FRUIT (2)
FAT-FREE MILK (1)

(19)
BAKED VEAL PARMESAN
w/SPAGHETTI & MEAT SAUCE (1)
STEAMED BROCCOLI
TOSSED SALAD & DRESSING
GARLIC BREAD (1)
FRUIT (2)
FAT-FREE MILK (1)

(26)

THANKSGIVING HOLIDAY

RIVERSIDE FRIENDSHIP CENTER
WILL BE CLOSED

(DECEMBER 3)
BAKED BBQ PORK CHOP (1)
RED SKIN POTATOES (1)
TOSSED SALAD & DRESSING
WHOLE WHEAT BREAD
W/OLEO (1)
SLICED PEACHES (1)
FAT-FREE MILK (1)